

STAFF PROFILE

MEET HONEYLINE MALABARBAS

Hi, I am Honeyline Malabarbas. I work as one of the practice nurses at South Taranaki Rural Health General Practice (STRHGP). I was born and raised in the Philippines. I graduated in 2009 and from then on I worked in different fields of nursing in the Philippines and in the Middle East. I was fortunate to be given a chance to come to New Zealand in 2017. I did my Competency Assessment Programme, and after completing it I worked in Aged Care for more than 5 years. I joined the STRHGP team in June 2022.



Aside from working, I enjoy learning new things which led me to do my post graduate study. I also have a toddler that is keeping me busy all the time. I still consider myself as new to the job, but I hope to be able to contribute more of my knowledge and skills to the team and to our clients all over Taranaki.

PROTECT AGAINST MEASLES

The first case of measles in years was recently detected in Aotearoa. Because this can be a dangerous infection, it's important to take steps to protect our whānau. At this point the best way to do this is to keep an eye out for measles, to get yourself and your tamariki vaccinated if you aren't already vaccinated, and to reach out to our Practice Nurses if you're unsure about either. The best protection against measles is to be vaccinated, and good news, the vaccine is free!

Symptoms of measles include a fever, cough, runny nose and sore and watery 'pink' eyes. If you think a member of your whanau may have measles, please contact Healthline for advice on 0800 611 116, or get in touch with STRHGP by email, app or phone. Because measles is so infectious, it's important that infected people stay at home.

FAULTY PHONE ISSUE

An issue with our phone system maybe causing difficulty for patients who are trying to get in touch. We recognise that this glitch may have inconvenienced some people, and we would like to apologise for this and thank them for their patience. While we work on getting this intermittent problem remedied, we would like to let our patients know that there are several alternative ways to contact us.

These include logging into the MyIndici patient portal app to send messages directly to the Practice, or emailing requests to strhgp@tdhb.org.nz. This email is monitored from Monday to Friday. Alternatively, if STRHGP has sent a patient a reminder message or a text message, patients are able to reply and the message will be received by the Practice reception team.



■ PATIENT EXPERIENCE SURVEY

After a visit to our Practice you may receive an email or text message inviting you to take part in a patient experience survey about your recent experience with us. By taking part in the survey, you are helping to improve the care you and your whānau receive, as well as care and access to health services in local communities across New Zealand. Taking part in the survey is voluntary and anonymous.

Please ensure the contact details we have for you are up to date. This can be done by contacting STRHGP reception via email strhgp@tdhb.org.nz or phone 06 2781383 / 0800 225571.



BEHIND THE SCENES



Have you had a phone call from one of our off-site GPs? We would like to introduce you face to face with some of these superstars working hard from their homes around the country for our South Taranaki patients. Please meet Hilary (above left) and Pragati (above right). We call them our 'Virtual GPs' because they are not here locally in person, but do their amazing work over the phone and on the computer. Part of their role is ensuring that the people they speak with get the right care, in the right place, at the right time.

■ GETTING IN TOUCH AFTERHOURS

Our standard phone hours are from **8-4pm, Monday to Friday**.

If you need health assistance outside of our working hours, please phone our usual number (**278 1383 or 0800 225571**).

You will be transferred to our afterhours service, **Whakarongorau Aotearoa/NZ Telehealth Services**, who will be able to help.

For non-urgent matters, you are also welcome to email strhgp@tdhb.org.nz or message our admin team on the MyIndici app.

■ TURNING 65? BOOK YOUR FREE SHINGLES VACCINATION

Shingrix is a vaccine that can prevent you from getting shingles and, if you do get shingles, this vaccine can help prevent complications of shingles including long-term pain. Shingrix is delivered in two doses, around two months apart. This vaccine is free at age 65 years only. Once you turn 66 you are no longer eligible for the free vaccine. Please contact our practice nursing team to book or for more information



About **1 in 3** New Zealanders will get shingles in their lifetime.